

**Central Aquatic Center**

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex

Hours of operation:

Lap Swim:	Mon - Thurs	6 am-8 pm
	Fri	6 am-6 pm
	Sat	9 am-5 pm

Call for available open swim times (770) 528-8465.

Swimming Lessons Fall 2012

Session I Aug 13-30

Session II Sept 4-20\*

(\*no class Mon. Sept 3<sup>rd</sup> – make-up is Fri. Sept 7)

Session III Sept 24-Oct 11

Saturday Sept 08-Oct 13

Swim lesson registration for Cobb County Residents will be held at 9:00 am on August 11<sup>th</sup>, 2012.

Non-Cobb resident's registration begins at 9:00 am on August 12<sup>th</sup>

**Mountain View Aquatic Center**

Located at 2650 Gordy Parkway in East Cobb

Hours of operation:

Mountain View Aquatic Center will be Closed until October 15, 2012 for S.P.L.O.S.T. renovation projects

**West Cobb Aquatic Center**

Located at 3675 Macland Road in Powder Springs

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm

Call for available open swim times 770-222-6700

Swimming Lessons Fall 2012

Session I Aug 13-29

Session II Sept 10-26

Session III Oct 01- 17

Session IV Oct 22-Nov 14

Saturday Session Sept 08-Oct 13

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on August 11, 2012.

Non-Cobb resident's registration begins at 2:00 pm August 13<sup>th</sup>.

**South Cobb Aquatic Center**

Located at 875 Six Flags Drive in Austell

Hours of Operation:

Mon – Fri	8 am – 9 pm
Sat	9 am – 5 pm
Sun	2 pm – 5 pm

Call for open swim and lap swim times 770-739-3180

Swimming Lessons Fall 2012

Session I Aug 13-Aug 30

Session II Sept 10-Sept 27

Session III Oct 01-Oct 18

Saturday Sept 15-Oct 20

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on August 10, 2012.

Non-Cobb resident's registration begins at 9:00 am August 11, 2012

**Aquatic Center – Lessons Aquatic Center – Lessons****Adult Basics (age 15+)**

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55820	T/Th	Aug 14-30	7:00-7:50 PM
55821	T/Th	Sept 4-20	7:00-7:50 PM
55823	T/Th	Sept 25-Oct 11	7:00-7:50 PM
55824	Sat	Sept 08-Oct 13	1:00-1:50 PM

**South Cobb Aquatic Center**

55786	Sat	Sept 15-Oct 20	1:00- 1:50 PM
55783	T, Th	Aug 14-Aug 30	6:00- 6:50 PM
55784	T, Th	Sept 11-Sept 27	6:00- 6:50 PM
55785	T, Th	Oct 02-Oct 18	6:00- 6:50 PM

**West Cobb Aquatic Center**

55195	T, Th	Sept 11-27	8:10- 9:00 PM
55194	Sat	Sept 08 Oct 13	1:05-1:55 PM

**Adult Basics II (age 15+)**

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55822	Sat	Sept 08-Oct 13	12:00-12:50 PM
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**Adult Stroke Development (age 15+)**

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55825	Sat	Sept 08-Oct 13	11:00-11:50 AM
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**Adult Advanced Stroke Development (age 15+)**

This class is for individuals who have completed the Adult Stroke Development class and who are comfortable swimming laps and being in deep water. This class will build ones endurance and improve stroke proficiency.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55826	Sat	Sept 08-Oct 13	10:00-10:50 AM
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**Parent and Child Classes: (ages 6 months – 3 years)****Parent Tot (age 6mos-18mos)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**Central Aquatic Center**

55854	Sat	Sept 08-Oct 13	8:30-9:00 AM
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**South Cobb Aquatic Center**

55805	Sat	Sept 15-Oct 20	9:00- 9:30 AM
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**West Cobb Aquatic Center**

55219	M, W	Sept 10-26	11:00- 11:30 AM
55220	M, W	Oct 01- 17	11:00- 11:30 AM
55221	M, W	Oct 22-Nov 14	11:00- 11:30 AM
55222	T, Th	Sept 11-27	11:00- 11:30 AM
55223	T, Th	Oct 2- 18	11:00- 11:30 AM
55224	T, Th	Oct 23-Nov 15	11:00- 11:30 AM
55225	Sat	Sept 08-Oct 13	9:10- 9:40 AM

**Parent Tot II (age 18mos-3 yrs)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

**South Cobb Aquatic Center**

55806	Sat	Sept 15-Oct 20	9:00- 9:30 AM
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**Preschool Classes (ages: 3-5 years)****Tadpole (age 3-5)**

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**Central Aquatic Center**

55862	M/W	Aug 13-29	5:00-5:30 PM
55871	M/W	Sept 5-19	5:00-5:30 PM
55869	M/W	Sept 24-Oct 10	5:00-5:30 PM
55866	T/Th	Aug 14-30	1:00-1:30 PM
55867	T/Th	Sept 4-20	1:00-1:30 PM
55868	T/Th	Sept 25-Oct 11	1:00-1:30 PM
55864	T/Th	Aug 14-30	4:00-4:30 PM
55865	T/Th	Sept 4-20	4:00-4:30 PM
55870	T/Th	Sept 25-Oct 11	4:00-4:30 PM
55863	Sat	Sept 08-Oct 13	9:00-9:30AM

Tadpole continued

## South Cobb Aquatic Center

55814	Sat	Sept 15-Oct 20	9:45-10:15 AM
55811	T, Th	Aug 14-Aug 30	4:30-5:00 PM
55812	T, Th	Sept 11-Sept 27	4:30-5:00 PM
55813	T, Th	Oct 02-Oct 18	4:30-5:00 PM

## West Cobb Aquatic Center

55241	Sat	Sept 08-Oct 13	9:45-10:15 AM
55233	M, W	Sept 10-26	11:45 AM -12:15 PM
55234	M, W	Oct 01- 17	11:45 AM -12:15 PM
55235	M, W	Oct 22-Nov 14	11:45 AM -12:15 PM
55236	M, W	Sept 10-26	6:30-7:00 PM
55237	T, Th	Sept 11-27	11:45 AM -12:15 PM
55238	T, Th	Oct 2-Oct 18	11:45 AM -12:15 PM
55239	T, Th	Oct 23-Nov 15	11:45 AM -12:15 PM
55240	T, Th	Sept 11-27	6:30-7:00 PM

## Minnow (age 3-5)

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

## Central Aquatic Center

55844	M/W	Aug 13-29	5:00-5:30 PM
55845	M/W	Sept 5-19	5:00-5:30 PM
55846	M/W	Sept 24-Oct 10	5:00-5:30 PM
55847	T/Th	Aug 14-30	1:45-2:15 PM
55848	T/Th	Sept 4-20	1:45-2:15 PM
55849	T/Th	Sept 25-Oct 11	1:45-2:15 PM
55850	T/Th	Aug 14-30	4:45-5:15 PM
55851	T/Th	Sept 4-20	4:45-5:15 PM
55852	T/Th	Sept 25-Oct 11	4:45-5:15 PM
55853	Sat	Sept 08-Oct 13	9:45-10:15 AM

## South Cobb Aquatic Center

55804	Sat	Sept 15-Oct 20	10:30-11:00 AM
55801	T, Th	Aug 14-Aug 30	5:15-5:45 PM
55802	T, Th	Sept 11-Sept 27	5:15- 5:45 PM
55803	T, Th	Oct 02- Oct 18	5:15-5:45 PM

## West Cobb Aquatic Center

55209	M, W	Sept 10-26	12:30-1:00 PM
55210	M, W	Oct 1- 17	12:30-1:00 PM
55211	M, W	Oct 22-Nov 14	12:30-1:00 PM
55212	M, W	Aug 13-29	6:30-7:00 PM
55213	M, W	Sept 10-26	6:30-7:00 PM
55214	T, Th	Sept 11-27	12:30-1:00 PM
55215	T, Th	Oct 2-Oct 18	12:30-1:00 PM
55216	T, Th	Oct 22-Nov 15	12:30-1:00 PM
55217	T, Th	Aug 16-Sept 1	6:30-7:00 PM
55218	T, Th	Sept 11-27	6:30-7:00 PM
55208	Sat	Sept 08-Oct 13	10:25-10:55 AM

## Seals (age 3-5)

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

## Central Aquatic Center

55856	T/Th	Aug 14-30	2:30-3:00 PM
55857	T/Th	Sept 4-20	2:30-3:00 PM
55858	T/Th	Sept 25-Oct 11	2:30-3:00 PM
55859	T/Th	Aug 14-30	5:30-6:00 PM
55860	T/Th	Sept 4-20	5:30-6:00 PM
55861	T/Th	Sept 25-Oct 11	5:30-6:00 PM
55855	Sat	Sept 08-Oct 13	10:30-11:00AM

## South Cobb Aquatic Center

55810	Sat	Sept 15-Oct 20	11:15-11:45 AM
55807	T, Th	Aug 14-Aug 30	5:15- 5:45 PM
55808	T, Th	Sept 11-Sept 27	5:15- 5:45 PM
55809	T, Th	Oct 02-Oct 18	5:15-5:45 PM

## West Cobb Aquatic Center

55226	M, W	Sept 10-26	1:15- 1:45 PM
55227	M, W	Oct 01- 17	1:15- 1:45 PM
55228	M, W	Oct 22-Nov 14	1:15- 1:45 PM
55229	M, W	Aug 13-29	6:30-7:00 PM
55230	T, Th	Sept 11-27	1:15- 1:45 PM
55231	T, Th	Oct 2- 18	1:15- 1:45 PM
55232	T, Th	Oct 23-Nov 15	1:15- 1:45 PM

## Learn to Swim Program - Age 5 ½ & up

### Level 1 (age 5 ½ - 15)

This class is designed for children 5 1/2 or older who have little or no swimming experience or who have a fear of the water. Basic water safety skills, placing face in the water, propulsion skills with support, and floating are taught at this level.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

## Central Aquatic Center

55829	M/W	Aug 13-29	4:00-4:50 PM
55830	M/W	Sept 5-19	4:00-4:50 PM
55832	M/W	Sept 24-Oct 10	4:00-4:50 PM
55827	T/Th	Aug 14-30	6:00-6:50 PM
55833	T/Th	Sept 4-20	6:00-6:50 PM
55828	T/Th	Sept 25-Oct 11	6:00-6:50 PM
55831	Sat	Sept 08-Oct 13	11:00-11:50AM

## South Cobb Aquatic Center

55790	Sat	Sept 15-Oct 20	11:00-11:50 AM
55787	M, W	Aug 13- Aug 29	4:30- 5:20 PM
55788	M, W	Sept 10-Sept 26	4:30- 5:20 PM
55789	M, W	Oct 01-Oct 17	4:30-5:20 PM

## Level 1 continued

**West Cobb Aquatic Center**

55196	Sat	Sept 08-Oct 13	11:05-11:55 AM
55197	M, W	Aug 13-29	7:10-8:00 PM
55198	M, W	Sept 10-26	7:10-8:00 PM
55199	T, Th	Aug 14-30	7:10-8:00 PM
55200	T, Th	Sept 11-27	7:10-8:00 PM

**Level 2 (age 6-15)**

This class is designed for children who are able to float and glide on their stomach and back, and are comfortable going under water. The front crawl and backstroke are introduced along with rhythmic breathing to the side.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55834	M/W	Aug 13-29	4:00-4:50 PM
55835	M/W	Sept 5-19	4:00-4:50 PM
55836	M/W	Sept 24-Oct 10	4:00-4:50 PM
55837	T/Th	Aug 14-30	6:00-6:50 PM
55838	T/Th	Sept 4-20	6:00-6:50 PM
55839	T/Th	Sept 25-Oct 11	6:00-6:50 PM
55840	Sat	Sept 08-Oct 13	12:00-12:50PM

**South Cobb Aquatic Center**

55792	Sat	Sept 15-Oct 20	11:00-11:50 AM
55791	Sat	Sept 15-Oct 20	12:00-12:50 PM
55793	M, W	Aug 13-Aug 29	4:30-5:20 PM
55794	M, W	Sept 10-Sept 26	4:30-5:20 PM
55795	M, W	Oct 01-Oct 17	4:30-5:20 PM
55796	M, W	Aug 13-Aug 29	5:30-6:20 PM
55797	M, W	Sept 10-Sept 26	5:30-6:20 PM
55798	M, W	Oct 01-Oct 17	5:30-6:20PM

**West Cobb Aquatic Center**

55201	M, W	Aug 13-29	7:10- 8:00 PM
55202	M, W	Sept 10-26	7:10- 8:00 PM

**Level 3 (age 6-15)**

Students must be able to swim 50 yards consisting of backstroke and front crawl with rhythmic breathing to the side. Students must be comfortable swimming in deep water without assistance. Skills taught at this level include improving front crawl and backstroke, elementary backstroke, treading water, diving, and safety skills.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55841	Sat	Sept 08-Oct 13	9:00-9:50 AM
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**South Cobb Aquatic Center**

55799	Sat	Sept 15-Oct 20	12:00-12:50 PM
55815	M, W	Aug 13- 29	6:00 - 6:50 PM
55816	M, W	Sept 10- 26	6:00 - 6:50 PM
55817	M, W	Oct 1- 17	6:00 - 6:50 PM

## Level 3 continued

**West Cobb Aquatic Center**

55205	Sat	Sept 08-Oct 13	12:05-12:55 PM
55204	M, W	Aug 13-29	8:10- 9:00 PM
55203	T, Th	Aug 14- 30	7:10- 8:00 PM

**Level 4 (age 6-15)**

Students must be able to swim 100 yards without stopping (2 laps) including; front crawl with rhythmic breathing, back crawl, and elementary backstroke. Swimmers must be able to swim in deep water without assistance. Skills taught at this level include: improving previously learned strokes, breaststroke, sidestroke, and increased endurance

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55842	Sat	Sept 08-Oct 13	10:00-10:50 AM
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**South Cobb Aquatic Center**

55800	Sat	Sept 15-Oct 20	1:00-1:50 PM
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**West Cobb Aquatic Center**

55206	M, W	Aug 13-29	8:10- 9:00 PM
55207	M, W	Sept 10-26	8:10- 9:00 PM

**Level 5 (age 6-15)**

Student must be able to perform the following strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. This class is designed to improve these strokes and prepare students for swim team participation. This class will introduce butterfly, surface dives and springboard diving.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

55843	Sat	Sept 08-Oct 13	11:00-11:50 AM
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## Adult Aqua-Aerobic classes:

### Central Aquatic Center

9:00 am	Mon/Wed/Fri	Aerobics
10:00 am	Mon/Wed/Fri	Seniors
5:30 pm	Mon/Wed/Fri	Aerobics

### West Cobb Aquatic Center

9:00 am	Mon-Fri	Aerobic (shallow water)
9:10 am	Sat	Aerobic (shallow water)
10:00 am	M/W/F	Low Intensity (shallow)
6:00 pm	Tues	Aerobics (deep water)
6:00 pm	Thu	Aerobics (deep water)
7:00 pm	M/W	Aerobics (shallow water)
11:10am	M/W/F	Low Intensity (shallow)

### South Cobb Aquatic Center

9:00am	Mon-Fri	Shallow Water
6:00pm	Mon-Thurs	Shallow Water

## Aqua-Aerobic Fees:

Adults \$3.50 per class (10-visit pass \$35.00)

Seniors \$2 per class (10-visit pass \$20.00)

## Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

## Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

## Competitive Diving:

The Central Aquatic Center and West Cobb Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 770-591-9013.

## Competitive Swimming:

Cobb County Aquatic Facilities host several USA competitive swim teams.

Chattahoochee Gold	770-928-1506
Kennesaw Tidal Wave	770-499-3296
Marietta Marlins	678-899-6888
Stingrays	770-428-3425

## Additional Programs

**Lifeguard Training** - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

**Cardio Pulmonary Resuscitation** – Class is designed to certify individuals in the American Red Cross CPRO class

**Water Safety Instructor** – Class is designed to certify individuals to teach American Red Cross swimming lessons.

Central Aquatic Center	770/528-8465
Mountain View Aquatic Center	770/509-4925
West Cobb Aquatic Center	770/222-6700
South Cobb Aquatic Center	770/739-3180

Call for facilities for dates

## Cobb Aquatics

### Indoor Facilities

#### ADMISSION FEES

	Adult	Youth	Senior
	Cobb	Cobb	Cobb
Daily	\$4.50	\$ 3.50	\$ 2.12
10 Visit	\$34.50	\$19.93	\$13.78
Monthly*	\$37.86	\$27.40	\$19.08
Quarterly*	\$103.13	\$60.28	\$42.40
Annual*	\$272.02	\$186.83	\$131.44

#### Family Passes

Size	3 months
4	\$146.28
5	\$161.12
6 +	\$174.90

\*(Non-Cobb resident fee is double the pass price w/ a \$25 max)